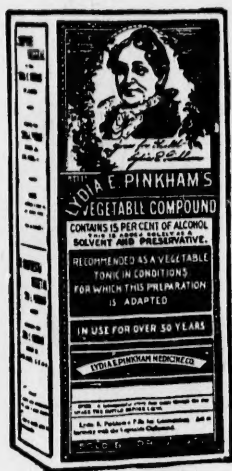


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Tested
Recipes

Avoid Pain



Many women endure needless pain at the menstrual period. They suffer at this time from backache, headache, cramps, blue spells, irritability, lassitude and general depression. While some of these symptoms may be inevitable many of them can be avoided by building up your general health.

Take Lydia E. Pinkham's Vegetable Compound regularly. Take it for relief when you feel at your worst. Continue to take it during the month. As your general health improves you should have less and less pain.

Lydia E. Pinkham's Vegetable Compound has the written endorsement of half a million women. It is sold in two forms—liquid and tablet. The tablets are chocolate coated and just as effective as the liquid. Slip a package into your handbag, or keep it in your desk at the office. Take your medicine according to directions wherever you are. Each package contains 70 tablets or 35 doses, about the same number as is contained in a bottle of liquid Compound.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

In use for over fifty years.

98 out of 100 report benefit.

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COME INTO THE KITCHEN!

Do you remember grandma's big low-ceilinged kitchen with its cheerful red checked tablecloth and the geraniums blooming in the sunny South window? What a place to make corn balls or molasses candy while snowflakes were fluttering against the little window panes!

The modern kitchen has conveniences and luxuries that grandma never dreamed of, but the little bride of today is faced with grandma's problem—*what to cook*. Try the recipes in this little book. They have been used by other busy housekeepers and we feel sure that your family will like them.



"FOR CHANGE OF LIFE"

"The Vegetable Compound first helped me when I was in a rundown condition and my blood a little impure. I saw it advertised in the *Toronto Star* and friends told me about it. Then I took it for Change of Life and it corrected irregularities. Recently I took it in dry form and felt the benefit after two tablets, only taking six in all and I have been in the best of health since."

MRS. IRVINE,

34 Macklem Avenue, Toronto, Ontario

LYDIA E. PINKHAM'S SANATIVE WASH



For over forty years, women have been using Lydia E. Pinkham's Sanative Wash for vaginal douches. Recent improvements in the preparation make the treatment more simple and more effective. It has been tested in the hospital under the doctor's supervision and is highly recommended as a cleansing, non-irritating antiseptic.

Use two teaspoonfuls of Sanative Wash to one quart of warm water for the treatment of leucorrhoea (whites) or as a cleansing douche and deodorant. It soothes and heals.

New large bottle (4 ounce) is selling for 55 cents. If your druggist cannot supply you, use the coupon in the middle of this book.

LYDIA E. PINKHAM MEDICINE COMPANY,
Lynn, Massachusetts, U. S. A.,
and Cobourg, Ontario, Canada.

POPOVERS

1 cup flour
1 cup milk
1 egg
spk. salt

Mix salt and flour. Add $\frac{1}{2}$ the milk slowly, stirring to form a smooth paste. Mix the rest of the milk with the beaten egg and add. Have gem pans sizzling hot. Pour in the batter and cook in a quick oven about $\frac{1}{2}$ hour.



Serve immediately while hot. Most people like to split popovers and eat butter or jam on them.

BAKING POWDER BISCUITS

2 cups flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup milk or water
2 tsp. lard or beef drippings

Sift dry ingredients together. Rub in the fat. Stir in the milk. Mix with a knife as soft as can be handled. Put the dough on a well floured board, pat with a rolling pin to $\frac{1}{2}$ inch thickness. Cut with biscuit cutter. Bake in hot oven about 15 minutes.

POOR MAN'S SPONGE CAKE

1 egg
 $\frac{1}{2}$ cup sugar
3 tbsps. cold water
 $\frac{2}{3}$ cup flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. lemon juice.

Beat the yolk of the egg. Add sugar and beat again. Then add lemon juice and water. Beat white of the egg stiff and cut it in lightly. Sift flour and baking powder together and fold in without any stirring. Bake in a shallow pan.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Benefits 98 out of 100 women.

ESCALLOPPED CORN



Butter baking-dish and put in a thin layer of cracker crumbs, then a layer about 1 inch thick of canned corn, then a thin layer of crumbs. Dot with butter, season with salt and pepper, add another layer of corn, sprinkle with crumbs, season and dot with butter. Cover with milk and bake in a hot oven until crumbs are brown.

"IT BUILT ME UP"

"A farmer's wife has a lot of work to do, inside and out. Nine years ago I got so rundown that I could not even do my housework. Some days I had to be in bed. I tried everything I heard of but got no relief. Every month I felt worse. A friend of mine told me about **Lydia E. Pinkham's Vegetable Compound**. After taking one bottle I could eat and sleep better so my husband got me two more. Then I was able to do all my work and help him outside. I worked out in the harvest and made \$30 in two weeks. The **Vegetable Compound** certainly built me up. Use my letter because I am glad to pass the good word to women who suffer as I did."

MRS. HELEN P. QUIRING, Pelly, Saskatchewan

"FOR RUNDOWN WOMEN"

"For fourteen years off and on I have used **Lydia E. Pinkham's Vegetable Compound**. Whenever I feel the least rundown I get a bottle. I have just finished my third bottle and I feel in excellent health. I have good sound nerves. I am a caretaker and my work takes me out sometimes late at night. Before I took your medicine the least noise would make me jump. The **Vegetable Compound** has given me strength and I will tell anybody about it."

MRS. McLAREN,

78 Walnut Street, Hamilton, Ontario

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APRICOT JAM

- 1 lb. dried apricots
- 1 large can crushed pineapple
- 4 lbs. sugar
- 2 lemons

Wash apricots. Barely cover with cold water and let stand over night. Cook in the same water until soft. Add pineapple. Stir with a fork until like mush. Add sugar. Cook slowly for one half hour, then add juice of lemons.



LEMON COOKIES

- | | |
|----------------|--------------|
| 2 cups sugar | 2 eggs |
| 2/3 cup butter | 2 tbsp. milk |
| 1 lemon | 1 tsp. soda |

about 1 qt. flour.

Cream butter and sugar. Add beaten eggs. Stir in soda dissolved in milk. Add grated rind and juice of lemon. Use enough flour to handle. Roll thick or thin as you prefer. Sprinkle sugar on the top before putting into the oven.

"IN THE BEST OF HEALTH"

"Fourteen years ago after the death of my first husband I was run down to a shadow. I was afraid of consumption. A friend told me about **Lydia E. Pinkham's Vegetable Compound** and I took it. It certainly built me up. After I took three bottles I could work all day and never feel tired. Now I am in the best of health. For fourteen years I have never taken any other medicine. We live on a farm. I do all my housework and some outside work too. You may use these facts in your advertising and I hope it may help others. I will answer letters from women asking about the **Vegetable Compound.**"

MRS. GEORGE H. HALLETT,

R.R. No. 1, Kingsclear, New Brunswick

FROZEN TOMATO SALAD



- 1 can tomatoes
- 2 tbsps. Knox plain gelatin (or lemon
Jell-O)

Strain the tomatoes. Heat the juice to the boiling point and pour it over the gelatine. Add olives, pickles and celery in small cubes. Left over peas, carrots, or other vegetables

may be used instead. Pour into moulds and harden. Serve on lettuce leaves with mayonnaise.

PINEAPPLE SALAD

- 1 pkg. lemon Jell-O
- 1 jar cream
- 1 pkg. cream cheese
- $\frac{1}{2}$ can grated pineapple
- 1 pimienta.

Mix Jell-O and let it set. Mash the cheese in a mixing bowl, add cream and whip. Add this mixture to the Jell-O, stirring well with a fork. Stir in pineapple and pimienta. Harden in refrigerator. Serve on lettuce leaves with mayonnaise.

This serves eight people.

FRUIT SALAD WITH DRESSING

- 1 large can of fruit salad
- 1 tbsps. flour
- 1 tbsps. sugar
- jar cream
- lemon juice

Drain the juice from the fruit and set the fruit aside. Cook the juice in a double boiler with the sugar and flour until it thickens. Add the cream (whipped) and a little lemon juice. Stir well.

Arrange the fruit on lettuce leaves and pour this dressing over it.

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MAPLE WALNUT CREAM PUDDING

- 2 cups milk
- 1 cup maple syrup
- 2 tbs. cornstarch
- 1 cup cream
- $\frac{1}{4}$ tsp. salt
- 2 eggs
- 1 cup chopped nuts.

Heat $1\frac{3}{4}$ cups of milk in double boiler with 1 cup syrup. Mix rest of milk, cornstarch and salt and stir into mixture. Cook and then add beaten eggs. Cook a few more minutes and add nuts.



Serve with-whipped cream.

"A GRAND MEDICINE FOR WOMEN"

"Two years ago I was all rundown. I would be oh! so tired and my nerves were all upset and I could not sleep. A dear friend of mine advised me to try **Lydia E. Pinkham's Vegetable Compound** as it had helped her so much. I got a box of the **Vegetable Compound Tablets** and took them. Then I bought a bottle of the liquid **Compound** and it certainly helped me. I have had five bad spells on account of Change of Life and I would get so weak and white as chalk. But a bottle or two of **Vegetable Compound** always helps me and quiets my nerves and lets me sleep and I would soon begin to gain. It certainly is a grand medicine for women. I am still taking it and expect to continue for sometime yet on account of my age."

MRS. JACK JOHNSTON,
36 St. Laurence St., Lindsay, Ontario

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the written endorsement of half a million women
During 1929, over 10,000 bottles were sold every day.

SCHOOL LUNCHES FOR CHILDREN



Of course you know that each article of food should be wrapped separately in waxed paper. Use paper napkins. A small glass jar with a screw cover will hold pudding or salad which otherwise could not be carried in the lunch box. If you can afford it, a thermos bottle is the easiest way to take hot soup or cocoa.

These lunches are delicious and fairly easy to

prepare. With milk or cocoa, they make a balanced meal for the child.

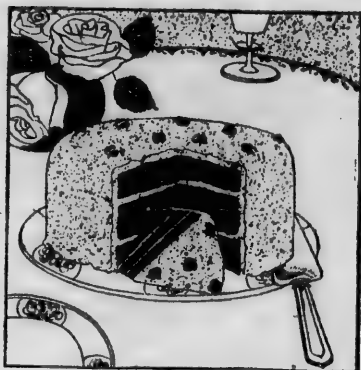
1. Crisp rolls, hollowed out and filled with chopped meat or fish, seasoned and moistened with salad dressing. Orange or apple. Cake.
2. Lettuce or celery sandwiches. Cup custard. Ginger bread.
3. Sandwiches of sliced cold meat. Baked apple. Cookies. Small cake of sweet chocolate.
4. Hard boiled egg. Small baking powder biscuits. Celery, radishes, pickles or olives. Raspberry turnover or bramble.
5. Nut bread or brown bread sandwiches (use butter or cream cheese). Orange. Cookies or small frosted cake. Maple-sugar or hard candy.
6. Meat sandwiches. Rice or chocolate bread pudding. Fresh fruit or dates.
7. Lettuce sandwiches. Apple sauce or stewed fruit. Saltines. Molasses cookies. Nut meats.
8. Egg sandwich. Peanut butter sandwich. Sweet pickles. Apple. Cup cake.
9. Hot soup. Saltines. Cornstarch pudding or apple pie. Filled cookies.

CHOCOLATE MOCHA CAKE

1 egg
1 cup sugar
 $\frac{1}{2}$ cup butter
1 cup sour milk
1 tsp. soda
 $1\frac{1}{2}$ cups flour
2 tbsps. cocoa.
Vanilla.

Cream the butter, add sugar and beaten egg. Dissolve soda and cocoa in the sour milk and add to the mixture. Work in the flour slowly. Beat 100 times.

Place the mixture in a well greased shallow pan and bake in a slow oven.



Mocha Frosting

1 cup confectioner's sugar 2 tbsps. boiling coffee
Butter size of an egg 2 tbsps. dry cocoa

Vanilla

Cream butter and sugar. Add other ingredients. Beat well.

NEVER FAIL SPICE CAKE

1 cup sour milk	1 tsp. soda
1 cup sugar	1 tsp. cinnamon
1 egg	$\frac{1}{2}$ tsp. cloves
1 tbsps. shortening	$\frac{1}{2}$ tsp. nutmeg
2 cups flour	$\frac{1}{4}$ tsp. salt.

1 cup raisins

Cream sugar and shortening. Add egg and milk. Sift all dry ingredients and add to the mixture.

STUFFED APPLES

Select large, tart apples. Core them and pare a ring around the top. Fill the cavity with chopped figs. Sprinkle the pared surface liberally with sugar. Place the apple in a deep baking dish $\frac{1}{4}$ full of water. Bake slowly, basting often. Serve with cream.

BORDEAUX RELISH



4 lbs. cabbage—chopped fine
 4 qts. green tomatoes
 5 medium red sweet peppers
 6 large onions
 4 tbsp. mustard seed
 1 tbsp. celery seed
 1 tbsp. tumeric powder
 1/2 cup salt
 2 qts. vinegar
 2 1/2 lbs. sugar
 Boil 20 minutes. Put in
 jars and seal while hot.

PEACH PUDDING

1 can sliced peaches. Put peaches and juice in baking dish. Cover with batter and bake one half hour. Serve with whipped cream.

Batter

1/2 cup sugar	} Cream these together
Shortening size of egg	
1 cup flour	1 beaten egg
1 tsp. baking powder	1 cup milk
speck salt	

FOR MOTHER AND DAUGHTER

"A friend of mine advised me to take **Lydia E. Pinkham's Vegetable Compound** before my daughter was born. It strengthened me in every way and I had a lovely baby. She is now twelve years old and I am giving her the medicine. Not long ago a friend of mine told me she was not feeling well. She said she had tried lots of tonics but they had done her no good. I advised her to take **Lydia E. Pinkham's Vegetable Compound**. She bought a bottle yesterday and I know it will help her. I will be glad to write and tell anybody how the **Compound** has helped me. have found your **Liver Pills** the best I have taken yet."

MRS. JAMES THORBURN

24 Wyatt Street, London, Ontario

MELT-IN-YOUR-MOUTH CHOCOLATE CAKE

$1\frac{1}{4}$ squares chocolate
 $\frac{1}{4}$ cup melted butter
 1 cup sugar
 2 eggs
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup sweet milk
 $\frac{1}{2}$ tsp. soda
 1 tsp. cream of tartar
 1 tsp. vanilla.



Cream sugar and egg yolks.
 Add chocolate and butter.

Then add milk and flour,
 soda and cream of tartar
 sifted together. Fold in beaten whites of eggs. Flavor
 with vanilla.

Bake in 8" x 8" tin.

LIGHTNING CAKE

1 cup flour	1 egg
1 cup sugar	butter size of egg
1 tsp. baking powder	about $\frac{1}{2}$ cup milk.

Sift dry ingredients twice. Melt the butter. Break
 the egg into a cup, add melted butter and fill the cup with
 milk. Stir this into the sifted ingredients. Add vanilla.

"HAS TWO BABY GIRLS"

"I have two fine healthy baby girls, one nearly three
 years old and the other nine months. I took **Lydia E.**
Pinkham's Vegetable Compound before they were born
 and I recommend it to expectant mothers. It makes
 childbirth easier. I am healthy myself and feeling fine.
 You may use my letter in your booklets to help other
 women. It was because I read one of your books that I
 first started to take the **Vegetable Compound**. I will try
 to answer any letters I receive. Holding a baby and
 trying to write is quite a job but I will do my best."

MRS. LINDEN H. SCULLY,
 Box 151, Semans, Saskatchewan



NOW PHYLLIS IS FOURTEEN

Yesterday Phyllis was a little girl romping with Pal the collie. To-day she is on the threshold of womanhood. The next few years will be critical ones for Phyllis. Will she keep her sparkling eyes, her bubbling vitality? Or must she be doomed to the life of a semi-invalid, never quite as well as she would like to be?

Fortunately Phyllis has a wise mother. Mother it teaching her to observe the simple rules of health and hygiene. Phyllis will take two or three bottles of **Lydia E. Pinkham's Vegetable Compound**, just as mother did when she was a girl. She is laying now the foundation for a healthy, happy normal womanhood.

Is your daughter well and strong? Can she go to school every day? Is she listless and irritable? Get her a bottle of **Lydia E. Pinkham's Vegetable Compound**. See that she takes it regularly until womanhood is established.

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CINNAMON TOAST

For this you will need a loaf of bread 24 hours old. Remove all crust. Cut bread in 1 inch slices. Cut each slice into four vertical strips. Toast these strips on all four sides. Roll in melted butter first, then in cinnamon and sugar. (Use 2 teaspoonfuls of cinnamon to 1 cup of sugar). Serve hot.



BOX

"AFTER NERVOUS BREAKDOWN"

Vegetable Compound and it has helped me. I was so nervous I could not sleep nights. I used to get up and walk around the house nights. I had practically a nervous breakdown because of my age (54). I saw the **Compound** advertised in the newspaper. Since taking it my nerves are better, I sleep better and my appetite is good. You may use my name in your advertising."

MRS. THOMAS McCABE,

R.R. No. 2, Truro Brookside, Cal. Co., Nova Scotia

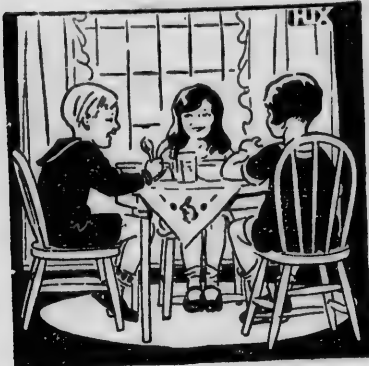
A DEPENDABLE MEDICINE

For over fifty years, American and Canadian women have depended upon **Lydia E. Pinkham's Vegetable Compound**. It has helped young girls who were just coming into womanhood. Working girls and women who take it say it keeps them on the job under trying conditions. It strengthens mothers before and after childbirth. It gives women more energy to do their housework and care for their families. It helps women during the Change of Life.

98 out of 100 women report benefit after taking

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

SETTING THE TABLE CORRECTLY



Lay the tablecloth smoothly and evenly on the table. Doilies may be used instead if you prefer. Allow at least 25 inches for each person, measured from plate to plate.

To the right of the plate lay the knives with sharp edges toward the plate. Beyond the knives place the spoons, bowls up, in the order in which they will be used, (soup spoon at extreme right). To the left of the plate place the forks, tines up, arranged in the order used at the extreme left farthest from the plate. The water glass is placed at the point of the knife. The bread and butter plate should be at the top and to the left of the forks. The napkin should be at the left of the silver. Have the fold at the top and the open edges at the right.

HEALTHY MOTHERS — HEALTHY CHILDREN

A healthy mother is almost sure to have a healthy baby. Health is the best gift you can give your child. If you are an expectant mother and you are not as well as you should be, start to build up your general health at once. For your baby's sake take **Lydia E. Pinkham's Vegetable Compound** regularly. It will give you more energy before the baby arrives. It will help you regain your strength afterward. Hundreds of women say that it makes childbirth easier.

STRENGTH AFTER CHILDBIRTH

"After my baby was born I was so weak and miserable I could hardly walk. I saw a book about **Lydia E. Pinkham's Vegetable Compound** and I am taking it. It has helped me to gain strength. My nerves are better and I sleep well now. I recommend the **Vegetable Compound** and am willing to answer any letters I receive."

MRS. EMERY NOWLIN, White Rock, Nova Scotia

WAITING ON TABLE

The hostess is served first so that she may know that the food is properly prepared and provided with the spoon or fork for serving.

After the hostess, the maid may serve all women in the room before the men. Or, she may begin at the right of the hostess and serve around the table regardless of persons.



Serve the second course around the table to the left. Alternate in this way so that no one person is always served last.

Stand at the left of a person being served and hold the dish in your left hand so that he can help himself easily.

Put glasses or cups down at the right of the person with your right hand.

CLEARING THE TABLE

Remove soiled plates from the left side. Remove glass, cups and saucers from the right.

Carry one dish away at a time. Never pile one dish on top of another.

Do not remove silver from the dishes in which it has been used.

As a general rule, remove plates and principal dishes first, then smaller dishes.

LYDIA E. PINKHAM'S LIVER PILLS

A dependable laxative for men and women.

Coated pills—pleasant to take—

For sale at drug stores.



Ask Your Friends

More than half the women who take Lydia E. Pinkham's Vegetable Compound bought their first bottle because they heard some other woman praising it.

This famous medicine relieves menstrual pain and helps to overcome irregularities. It has strengthened hundreds of women during the three trying periods of maturity, maternity and middle life. By accurate record, Lydia E. Pinkham's Vegetable Compound benefits 98 out of every 100 who report after taking it.

Give this medicine a fair trial. Get a bottle from your druggist today.

Order Blank

Lydia E. Pinkham Medicine Co.
COBOURG, ONTARIO

Gentlemen:

Please send me the medicine I have checked:

- ☐ LYDIA E. PINKHAM'S VEGETABLE
COMPOUND (liquid).....@ \$1.50
- ☐ LYDIA E. PINKHAM'S VEGETABLE
COMPOUND TABLETS.....@ 1.50
- ☐ LYDIA E. PINKHAM'S BLOOD
MEDICINE.....@ 1.50
- ☐ LYDIA E. PINKHAM'S LIVER
PILLS for Constipation.....@ .55
- ☐ LYDIA E. PINKHAM'S SANATIVE
WASH.....@ .55
New large size (4 oz.)

I enclose.....in payment
(Send check or money order if possible)

Name.....

Address.....

LOUISIANA SHRIMP



Cook 1 tbsp. chopped onion in 2 tbsp. butter. Thicken with 1 tbsp. flour.

Add 1 cup cooked rice

1 can shrimp

$\frac{1}{2}$ can tomato soup

(or a little more)

$\frac{1}{2}$ can (small) evaporated milk

Cook until it boils up, stirring constantly. Season with salt, pepper and paprika.

"FROM A WAITRESS"

"I was a waitress. Every day I was on my feet and my feet and ankles would swell. I used to get so tired and worn out, I would have to lie down at noon. I also suffered from female weakness. A friend of mine told me to take **Lydia E. Pinkham's Vegetable Compound** to build me up. So I left work for two months and took the **Vegetable Compound** regularly. Now I am back at work and getting along fine. Sometimes toward the evening I get tired but I think I shall be well and strong in a few months because I am still taking the **Compound**."

HILDA FREDERICKS

831 Queen St. E., Y.W.C.A., Sault Ste. Marie, Ontario

"ALL IT CLAIMS TO BE"

"My trouble was dizzy spells. I felt weak and tired and had to lie down part of the time. I saw **Lydia E. Pinkham's Vegetable Compound** advertised in the paper and found it all it claims to be. Since taking it I am a lot better. We live on a farm. I do my housework. I have a good appetite and am not so nervous."

MRS. B. V. HALL

911 George Street, Sydney, Nova Scotia

HINTS ON MEASURING

Be careful about exact measuring. The success or failure of your cooking may depend upon it.

60 drops.....	1 teaspoon
2 teaspoons....	1 dessertspoon
2 dessertspoons..	1 tablespoon
4 teaspoons.....	1 tablespoon
16 tablespoons....	1 cup
2 cups.....	1 pint
2 pints.....	1 quart
2 cups butter or lard.	1 pound
2 cups granulated sugar.....	1 pound
2 2/3 cups powdered sugar.....	1 pound
3 1/2 cups confectioner's sugar.....	1 pound



2 2/3 cups brown sugar.....	1 pound
4 cups flour.....	1 pound

1. All measures are level. Do not heap your cup or spoon.

2. Butter or other shortening should be packed solidly into the cup.

3. A tablespoonful of melted butter should be melted before measuring.

4. Flour should be sifted before measuring. Fill the cup lightly and level with a knife.

'FOR EASY CHILDBIRTH'

"I began taking your medicine twelve years ago after I lost my first baby at eight months and nearly died myself. Before my second baby came I took **Lydia E. Pinkham's Vegetable Compound** and I had the best of health and a lovely baby girl. Since then I have had four boys. I take the **Vegetable Compound** for an easy childbirth. It keeps me on my feet and helps me in every way. I will answer letters from women asking about it."

MRS. W. W. BEEBE

40 McKinzie Avenue, Wrightsville Hull. Quebec

COOKING FOR INVALIDS



hands before she eats. Remove the tray as soon as she finishes the meal. If her illness is at all contagious, keep her dishes and silver separate. Wash them in very hot water and see that no one else uses them.

ALBUMINIZED MILK

White of 1 egg

1 cup milk

Salt and flavoring to taste

Put egg and milk in a covered glass jar and shake until they are thoroughly blended. Sweeten if desired. Flavor and serve immediately.

IRISH MOSS LEMONADE

$\frac{1}{4}$ cup Irish Moss

juice of 1 lemon

1 pt. boiling water

sugar to taste

Soak the moss $\frac{1}{2}$ hour. Pick it over and wash thoroughly. Put in a saucepan with the boiling water and cook 15 minutes just below the boiling point. Strain. Add lemon juice and sugar. Serve hot.

DROPPED EGG ON TOAST

Break an egg into a cup, then slip it carefully into boiling water. Cook below the boiling point until as hard or soft as you want it. Lift it out carefully with a skimmer and serve on a slice of buttered toast. Season with salt and pepper.

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NOURISHMENT FOR INVALIDS

Unless your doctor has put the patient on a diet which does not include fruit, she will find fresh fruit, stewed fruits or fruit juices tempting, palatable and easy to digest. Chilled orange juice, lemonade or grape juice is a cooling, delicious drink. To tempt the patient's appetite, put a cherry on the top and serve with a straw.



Children who refuse milk will often drink it through a straw. If they dislike the flavor, add a few drops of vanilla.

ORANGE FLUFF

Beat the white of 1 egg and 1 tsp. sugar until it forms a stiff froth. Pile by spoonfuls in a small glass dish. Pour over and around it the chilled juice of one small orange or $\frac{1}{2}$ a large orange.

BARLEY WATER

1 tbsp. pearl barley	2 tbsp. sugar
rind and juice of 1 lemon	1 cup cold water.

Wash the barley. Put barley, lemon rind and water in a saucepan. Simmer for $1\frac{1}{2}$ hours. Strain and add lemon juice and sugar.

"FOR GIRLS IN THEIR TEENS"

"I have used Lydia E. Pinkham's Vegetable Compound more or less ever since I was eighteen years of age. I recommend it to girls in their teens. My nerves are better and I eat and sleep well. Your Vegetable Compound is certainly good and I take it whenever I feel the need of a tonic."

MRS. WRAY BOUSFIELD,
Jarvis, Ontario

DOES YOUR DAUGHTER NEED

LYDIA E. PINKHAM'S VEGETABLE COMPOUND?

CORN MUFFINS



- 1 cup corn meal
- 1 cup white flour
- 3 tbsp. sugar
- 3 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups milk
- 2 tbsp. melted butter
- 1 egg

Mix dry ingredients. Add milk, egg and butter. Stir well. Bake in muffin pans in a hot oven about 20 minutes.

"FOR WOMEN OF MIDDLE AGE"

"Your medicine was recommended to me by my mother. She took fifteen bottles once and it helped her greatly. I have taken five bottles recently for Change of Life. I used to have a smothering feeling and I was irregular with bad backache. I always felt tired and often wanted to lie down. I am now on my sixth bottle and hope to feel well before long. I recommend **Lydia E. Pinkham's Vegetable Compound** highly to women of middle age."

MRS. A. L. MURPHY,
Perkins, Quebec

Do you use
**LYDIA E. PINKHAM'S
SANATIVE WASH?**

Cleansing-Healing-
Antiseptic and Deodorant
for vaginal douches

Hospital Tested

Endorsed by Doctors and Nurses



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PANDOWDY

Peel and core several tart apples. Cut each apple into eight sections and fill a pudding dish with sections. Sprinkle with sugar (allow 1 tablespoonful to each apple). Mix 1 tablespoonful of water and $\frac{1}{4}$ teaspoonful lemon extract and sprinkle the mixture over the apples. Put a bit of butter here and there. Cover with pie crust and bake an hour.

Serve with whipped cream.



CARROT MARMALADE

1½ lbs. carrots

Equal amount
of sugar

3 lemons

Wash and scrape carrots. Put them through food chopper and cook until tender, using enough water to cover. Wash lemons, remove rinds and run through the grinder. Divide into sections, removing seeds and pulpy skin.

Combine these two mixtures and add an equal amount of sugar. Boil until it jells.

FRUIT BUTTER

1 lb. figs

2 lbs. dates

1 lb. raisins

1 cup chopped walnuts

Remove date stones. Put all ingredients through the meat chopper, using the coarse cutter. Add 2 cups of water and boil 20 minutes in a double boiler.

This is delicious for sandwiches or cake filling. In a cool place, it will keep a long time.

BY ACCURATE RECORD

98 out of every 100 women who report that they have taken **Lydia E. Pinkham's Vegetable Compound**, tell us that the medicine has helped them.

Why don't you try it?



Every Day in the Year

10,000 women buy a bottle of Lydia E. Pinkham's Vegetable Compound

They know that there is no better remedy for those troublesome ailments peculiar to women, with their accompanying backache, headache, blue spells and general weakness. They depend upon it and they recommend it to their friends and neighbors.

By actual record 98 out of every 100 women who report that they have taken Lydia E. Pinkham's Vegetable Compound claim that they have been benefited by it.

Get a Bottle From Your Druggist Today

If more convenient, use order blank on page 17.

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ROCKS

- 1½ cups brown sugar
- 1 cup Crisco
- 3 eggs
- 1 tsp. cinnamon
- 3 cups flour
- 1½ cups raisins
- 1 cup nut meats
- 1 tsp. soda



Cream sugar and Crisco. Add unbeaten eggs one at a time. Mix flour, cinnamon, raisins and nuts together and add to the mixture. Dissolve the soda in 3 tbsp. hot water and stir in. Drop dough by teaspoonfuls on a well greased pan. Bake in a moderate oven. This will make about fifty cookies.

GINGERBREAD

- 1 cup molasses
- ½ cup melted lard (or bacon fat and lard mixed)
- 1 tsp. soda dissolved in 1 tbsp. hot water
- 2/3 cup sour milk
- 1½ tsp. cinnamon
- ½ tsp. ginger
- 2½ cups flour

Mix in above order. Bake about 20 minutes. The oven should not be as hot as for white cake.

FROM MOTHER OF TWELVE

"My daughter Minnie is the oldest of twelve children, nine girls and three boys. She is now twenty years old. She suffered a good deal with painful periods for about two years. Then she heard about **Lydia E. Pinkham's Vegetable Compound**. Since taking it she feels fine. The medicine has regulated her. She sleeps and eats well and works every day. We both thank you for this wonderful medicine."

MRS. EVA SAVILL,
High Prairie, Alberta

CARAMEL PUDDING



Caramelize one-half cup sugar. (Put in spider and melt until a golden brown.) Remove from stove and add 2 tablespoonfuls hot water to keep from hardening.

4 eggs

1 pt. milk

1 tsp. vanilla

Beat eggs, warm milk, stir in eggs and caramel and flavoring.

Bake in oven like custard.

"IT LESSEned THE PAIN"

"My work is cooking all summer so I have to put in a good many hours standing. I got to feeling very run-down. Since taking **Lydia E. Pinkham's Vegetable Compound** I have felt much better in every way. It has regulated me and lessened the pain I used to suffer. I have been taking the **Vegetable Compound** for about three years now and I shall continue to take it whenever I begin to feel overtired. You may use this letter in your booklets and I will write to women who ask about the **Vegetable Compound**."

MRS. ALFRED WILLISSON,
Dinsmore P.O., Saskatchewan

"VEGETABLE COMPOUND IS 100% GOOD"

"**Lydia E. Pinkham's Vegetable Compound** is 100% good. I am married and have five children. I was so rundown that it was hard to do my work. I used to lie down often. One day I saw the **Vegetable Compound** advertised in the *Toronto Star* and that is how I came to try it. It took away that awful tired feeling. I have taken it off and on for nine years and I swear by it."

MRS. J. B. PEACOCK,
136 Queensdale Ave., Toronto, Ontario

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DATE PUDDING

3 cups rolled graham
crackers
4 tbsp. shortening
 $\frac{1}{2}$ cup sugar
1 egg
 $1\frac{1}{2}$ tsp. baking powder
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ tsp. salt
1 tsp. vanilla
1 cup (or $\frac{1}{2}$ cup) dates
cut fine



Cream sugar and shortening. Add beaten egg yolk and vanilla. Then add graham crackers, fruit, baking powder and salt. Stir in milk last. Whip the white of the egg stiff and fold it in. Place in a greased mould and steam about two hours. Serve with whipped cream.

DUTCH APPLE CAKE

2 cups flour	2 tbsp. butter or shortening
4 tsp. baking powder	1 egg
$\frac{1}{4}$ tsp. salt	enough milk to mix well.
2 tbsp. sugar	

Mix dry ingredients. Add shortening, egg and milk. Use pan large enough so that this dough will be 1 inch deep.

Cut several apples in eighths and place them slantingly with the thin side down into the dough. Sprinkle with sugar, cinnamon and nutmeg. Dot with butter and bake.

HOW TO SAVE MONEY ON FOOD

Avoid waste in buying. Figure how much food is needed.

Buy clean food at clean stores. If possible go to market yourself, pay cash and carry your goods home.

Learn how to use cheaper cuts of meat.

It is cheaper to buy in large quantities if you have storage space and the food will keep indefinitely.

Avoid waste in cooking. Prepare the food in such a way that none of its nutriment is lost.

Learn to use left-overs.

WHOLESOME CANDIES

PENOCHÉ

1 lb. light brown sugar
2/3 cup milk
1 tbsp. butter
1 tsp. vanilla
2/3 cup chopped nuts
Pinch salt



Boil sugar, milk and butter in a saucepan for 15 minutes or until it forms a soft ball in cold water. Remove from fire and beat until it begins to thicken.

Stir in vanilla, nuts and salt. Pour into well buttered pan to cool. Cut in squares.

PEANUT BUTTER FUDGE

Cook together 2 cups granulated sugar, 2 tablespoonfuls peanut butter and 1/2 cup milk until it forms a soft ball when dropped into cold water. Add 1/2 teaspoonful vanilla, cool and beat until creamy. Pour into a buttered pie plate and when nearly cold cut in small squares.

PEANUT BRITTLE

1 cup sugar

1 cup roasted peanuts

Melt sugar, stirring constantly. When a golden brown, add chopped or whole peanuts. Pour into hot buttered pan.

PUFFED RICE BALLS

Boil together 1 cup sugar, 1/2 cup molasses and 1 1/2 cup vinegar until it hardens in cold water. Pour this over the contents of a box of puffed rice. Stir well. Butter your fingers and mould the mixture into soft balls.

BUTTERSCOTCH

2 cups brown sugar

2 tbsp. vinegar

4 tbsp. cold water

1/2 cup butter

Boil until it hardens when dropped into cold water. Flavor with 1/2 teaspoonful vanilla and pour into buttered tin to harden.

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SANDWICH LOAF FOR SUNDAY NIGHT

Get a sandwich loaf of bread and cut off all the crusts. Cut through centre lengthwise, then cut the two sections again lengthwise.

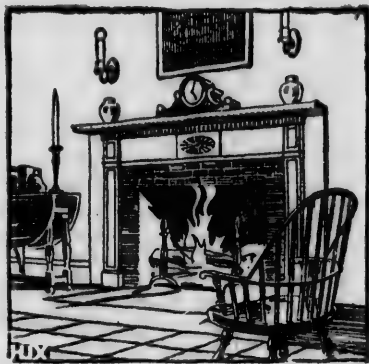
Filling: $\frac{1}{2}$ lb. cooked ham ground with 1 small can of pimentos. Mix with salad dressing until smooth. This is for first and last filling.

Centre Filling: 2 hard boiled eggs—4 small sweet or sour pickles. Salad dressing to mix. This is for centre filling.

Butter the sections of bread thoroughly with soft butter, add fillings not letting it go quite to the edge of bread. Cover the whole loaf with cream cheese that has been softened by using a little cream with it. It can be wrapped in wax paper and chilled in ice box. Serve by cutting inch slices as ice cream. Use fork to eat it.

Garnish with lettuce—celery mixed or any way.

Requires 3 small cream cheeses or $\frac{1}{2}$ lb. cheese for filling.



"BEFORE AND AFTER CHILDBIRTH"

"My mother took **Lydia E. Pinkham's Vegetable Compound** for years in tablet form so I thought I would try it before my third baby was born. I took the liquid and also used Lydia E. Pinkham's Liver Pills and always keep them on hand. I am the mother of four healthy children. Before I took the medicine I had to rest every little while I felt so weak and rundown. I used to faint too. Now I feel lots better, my nerves are steady, I eat and sleep well and do my housework. I am glad to recommend **Lydia E. Pinkham's Vegetable Compound** because I know it helped me before and after childbirth."

MRS. A. SEGUIN,

Box 24, Connaught P.O., Ontario

TASTY AND EASY TO MAKE



One of the simplest hot dishes is meat or fish heated in a cream sauce. This may be prepared in chafing dish or double boiler.

White Sauce

2 tbsp. butter
1½ tbsp. flour
1 cup milk

Cook butter and flour until smooth. Add milk and

season with salt and pepper. Cook to a thick cream.

Stir in 1 cup (more or less) of cold chopped chicken, turkey, lamb or other meat. Add diced celery or chopped parsley if you have it. A can of shrimp, salmon or lobster may be used instead of the meat. Peas or diced carrots may be added. In fact this is an excellent way to combine left overs. Serve on strips of toast.

LYDIA E. PINKHAM'S BLOOD MEDICINE

is an excellent tonic and builder equally good for men and women. It may be taken as a Spring medicine or at any time during the year when one is rundown and tired. It works in harmony with the **Vegetable Compound** and many women take these two medicines alternately, two doses of each every day.

"TOOK BLOOD MEDICINE TOO"

"I am glad to recommend **Lydia E. Pinkham's Vegetable Compound**. I have taken four bottles with very good results. I have also taken **Lydia E. Pinkham's Blood Medicine**. I am about fifty years old and feel well and strong. My color is good and I have a good appetite."

MRS. T. REHEL

35 Avenue, Parent, Quebec

DATE WHIP

Cook 1 cup stoned and chopped dates in boiling water until tender. Press through a sieve. Beat 3 egg whites until stiff. Add $\frac{1}{3}$ cup sugar, 1 tablespoonful lemon juice and $\frac{1}{2}$ teaspoonful salt. Carefully fold in the date pulp. Pile lightly on a buttered baking dish and bake 30 minutes in a moderate oven.

Serve with soft custard or whipped cream.



DATE STICKS

Beat 3 eggs well. Add 1 cup sugar, 1 teaspoon vanilla, 1 cup walnuts broken in pieces, 1 cup dates.

Then beat in $1\frac{1}{2}$ cups flour, 2 level teaspoons baking powder and a pinch of salt. Have dough $\frac{1}{2}$ inch deep.

Bake in moderately hot oven. Cut into bars while warm and shake in a bag of confectionery sugar.

"DAUGHTER TOOK IT TOO"

"My daughter took Lydia E. Pinkham's Vegetable Compound and it helped her, so I took it too. I was rundown and it made me feel better. I have a good appetite and sleep very well. I can do my housework without having to lie down like I used to. I am not nervous. You may use my name in your advertising."

MRS. JOHN SHIKSNIUS,

Box 83, Stellarton, Nova Scotia

By Accurate Record

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

benefits 98 out of 100 women who report after taking it.

LYDIA E. PINKHAM'S BLOOD MEDICINE

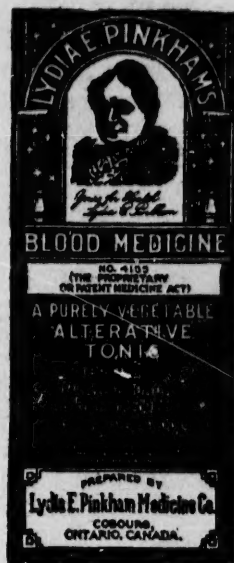
is a reliable general tonic, equally good for men and women. It takes the place of Grandma's sulphur and molasses in the Spring and is much more pleasant to the taste. Keep it in the medicine chest and give it to the whole family—parents and children—at any time through the year when they need such a medicine.

HUMORS AND ERUPTIONS

are among the most common indications and results of a run-down condition. Such eruptions are unpleasant, often embarrassing and give the face an unhealthy appearance. They are not usually especially serious or dangerous. More serious results may come, however, at any time from the accumulated impurities which they indicate.

GOOD HOME TREATMENT

is necessary. Eat plain, nutritious and easily digested food. Get plenty of sleep and fresh air. Take Lydia E. Pinkham's Blood Medicine one-half hour before meals. If constipation is present—as it often is—take Lydia E. Pinkham's Liver Pills. The Blood Medicine works in harmony with both the Vegetable Compound and the Liver Pills.



LYDIA E. PINKHAM MEDICINE COMPANY
Lynn, Massachusetts, U. S. A.
and Cobourg, Ontario.

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Blood Medicine

Liver Pills

Sanative Wash
